

E – EXPERIENCES – Paying Attention to the Lessons of Your Life

(“E” in S.H.A.P.E.)

The Hallway of Life: There is a Purpose to Your Past

“Imagine yourself walking down a long hallway. On the walls are paintings that reflect those life-shaping moments in your life. On the one side are portraits of experiences that brought you excitement, achievement, and fulfillment. On the other side have the pictures of experiences that caused pain, frustration, and remorse. Walking slowly down that hallway, looking carefully at each painting, is an important step toward understanding who God has created you to be and discovering the Kingdom Purpose he has set aside for you.”

- Eric Rees

“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.” - Romans 8:28

Positive Portraits:

- **Vocationally** (work experiences):
- **Educationally** (educational experiences):
- **Spiritually** (spiritual experiences):
- **Relationally** (connecting experiences):
- **Personally** (inward experiences):

What is the most important life lesson you have learned from your past experiences?

Painful Portraits:

- Personal points of pain:
- Vocational points of pain:
- Relational points of pain:
- Educational points of pain:
- Spiritual points of pain:

From what problems, hurts, thorns, and trials have you learned the most?

Listening to Your Life:

"Life can only be understood backwards, but it must be lived forward."
Soren Kierkegaard

Step One: Use one of the following tools to gather together the most significant experiences in your life.

- Exercise 1: The Life Map – Listening to Your Life
- Exercise 2: The Experiences Inventory

Step Two: Pick and write down the 5 – 10 most significant or impactful experiences in your life.

Step Three: Write down all the facts and feelings you can remember attached to these moments in your life.

Step Four: How could you put your past experiences and what you've learned from them to work for God and his Kingdom? How could your experiences be used to bless the lives of others?

Success in life is becoming the person God created me to be and doing what God designed for me to do.